

Why Salad Is Good in Summer

LONDON DINNERS AT \$33.50 PER

It is always a good plan to buy soap in a large quantity, so that it will have a chance to become thoroughly dry before it is used. Dry soap lasts much longer than fresh. Free each bar of soap first of its paper wrappings, as these prevent it from drying properly.

SOME PIE RECIPES.

A RURAL LUNCHEON.

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MENU FOR A NERVOUS CHILD.

Breakfast.
Juice of two oranges.
Cereal (well cooked) with cream.
Poached eggs.
Whole wheat bread toasted.
Cocoa.
Luncheon.
Chicken broth with rice.
Small broiled lamb chops, frenched,
baked potatoes.
Lettuce salad with olive oil, and a very
little vinegar.
Milk.
Dinner.
Roast chicken with dry bread and butter
stuffing.
Mashed potatoes.
Apple-sauce, not very sweet.
Fresh asparagus.
Soft custard.
Milk.

ILLUSTRATED DISHES.



THE DIETING FAD.	FLETCHERISM.
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the intrusion elsewhere which is so provoking. Dr. Saleem's life book, "The Doctor and the Simpler Life," has converted not a few food faddists. Among his remarks is this one: "Nothing is really harmful in the way of food, but thinking makes it so. Another is: 'It is not the food that we eat but the way along we do not eat too much.'" While another remarkable statement is: "Once make up your mind that eggs or fish disagree with you, and you will be justified by the event." The doctor, like other sensible people, "is a firm believer in the potency of 'suggestion.'"

FLETCHERISM.

Charming little gift boxes are the latest achievement of the resourceful woodcarver of Switzerland. These boxes, which, of course, are of wood, are surmounted by funny little men and women, carved out of one piece of wood—clowns, market women, mountaineers, tops, school children and all painted in bright colors. A Swiss luncheon with the table decorated in the Swiss colors of red and white, and with some of these gay little boxes at the plates for souvenirs, is suggested as an enjoyable entertainment.

Upon the Serving of Wines

Course. With the oysters. a **CARING FOR GAS STOVES.**

in light green glasses, poured
ative bottles, which have been
If the asbestos of stoves becomes dis-
colored or blackened from the gas

After the eighth course the
cleared for the first time of
es, knives and forks, leaving

being dipped in warm water or being warmed.

As much care should be taken in decanting and filtering in order to remove the deposit which may be in the bottle. Nearly all wines tend to a sediment which sometimes is sand or white crystals. Its presence is rather a mark of superiority, but inferiority in the quality of the wine. This deposit however, if it destroys the brilliancy of the wine and impairs its flavor and bouquet, as in the case of some of our wines, such as bordeaux and champagne, it is very large.

Few people consider mutton fat good eating, yet it is a mistake to choose lean mutton, because the absence of fat shows poorly fed stock. The fat should be white, not yellow, and the meat should be firm and dry. As a general rule, all meat should be firm, not flabby. But while in choosing mutton, one should look for a piece of which the lean part is dark colored, in the case of lamb and veal the meat cannot be too white.

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